



Malaysia
Truly Asia

Nature. Adventure. Culture.
Gear up for non-stop action!

EAST
MALAYSIA

Sabah

UNESCO World Heritage Site

Sarawak

UNESCO World Heritage Site

Labuan



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WELCOME TO EAST MALAYSIA

In the vast rainforests of Borneo, lies a region unlike any other. Here, nature and adventure come alive to sweep visitors away to a mesmerising, intriguing world. A world made up of animal kingdoms, mystical prehistoric caves, lofty mountains and amazing underwater gardens.

East Malaysia comprises two states; Sabah and Sarawak, as well as Labuan, a federal territory.

This region is characterised by vast expanses of rainforest, mist-capped mountains and majestic UNESCO World Heritage Sites such as Kinabalu Park and Gunung Mulu National Park. In the untouched wilderness, innumerable varieties of plants flourish together with a wide range of birds and animals. The internationally famed dive site of Sipadan is another one of the region's world-famous attractions. East Malaysia is home to countless ethnic groups, practising age-old customs and fascinating rituals.

Delight in exploring the wonders of East Malaysia and enjoy the adventures that unfold.



SABAH

Stunning tropical islands and luxuriant nature makes Sabah the ideal destination for eco-adventures. The state's most famous icon is the majestic Mount Kinabalu, reputed to be one of the highest in Southeast Asia. Another jewel is Sipadan, an internationally-famed dive destination.

Its population of nearly 3.1 million is made up of 32 ethnic communities. The capital of Sabah is Kota Kinabalu. It is the gateway to eco-adventures such as diving, river cruising, mountain climbing, white-water rafting and caving.

Kota Kinabalu was formerly known as Jesselton. Most parts of the city have been reconstructed after World War II and there are only three surviving buildings from the war.

Visit this 'Land Below the Wind' and enjoy unforgettable adventures!



MAP OF SABAH



South China Sea

Sulu Sea



LEGEND

- State Capital
- Federal Territory
- Town
- Place of Interest
- Airport
- Airstrip
- Hill
- Jetty

* Map not drawn to scale

PLACES OF INTEREST

MOUNT KINABALU

Kinabalu Park

(Malaysia's first UNESCO World Heritage Site)

Standing majestically at a height of 4,095.2m, Mount Kinabalu is the highest peak in Southeast Asia. It is situated in Kinabalu Park, a wonderland of ecological treasures covering some 754sq km.

The diversity of plant life in Kinabalu Park ranges over four climatic zones. Over 5,000 types of flowering plants including 1,200 species of orchids, 26 species of rhododendrons, over 80 species of fig trees as well as 60 species of oak and chestnut trees are found here. About 100 species of mammals and 326 species of birds are also known to reside in the sprawling park.

Ascending and descending Mount Kinabalu's summit takes two to three days, depending on the weather and one's fitness level. Every year, participants from around the world gather here to take part in the Mount Kinabalu International Climbathon. It is dubbed as the 'World's Toughest Mountain Race'. Despite the challenging route and distance, mountain runners take less than four hours to reach the peak and return to the finish line.

Opening hours: 7.00am - 7.00pm (Park Office)

Admission fee:

Malaysian

RM3 Adult, RM1 (below 18 years)

Non-Malaysian

RM15 Adult, RM10 (below 18 years)

Guide and porter services are available.

Tel : 088 486 420 / 486 432 (Sabah Parks Main Office)

088 889 095 (Sabah Parks Office, Kinabalu Park)

* To climb Mount Kinabalu, reservations must be made through:

Sutera Sanctuary Lodges

G15, Ground Floor, Wisma Sabah

Tel: 088 243 629 Fax: 088 259 552

Website: www.sabahparks.org.my



Kinabalu Park has the world's largest variety of nepenthes, the carnivorous pitcher plant.

CROCKER RANGE PARK

Keningau



A massive range of forest-clad ridges, Crocker Range stretches from Mount Kinabalu to the border of Sarawak. This protected area has no modern facilities and is a thriving destination for jungle-trekking and four-wheel drive excursions. Nature lovers can trek to the Rafflesia sites and spend a night camping amidst the greenery. Crocker Range Park is about 13km or a 30-minute drive from Keningau town.

Opening hours: 8.00am - 5.00pm

Admission fee:

Malaysian

RM3 (Adult), RM1 (below 18 years)

Non-Malaysian

RM10 (Adult), RM6 (below 18 years)

Camping (site only):

RM5 (Adult), RM3 (below 18 years)

Tel: 019 862 0404



TUNKU ABDUL RAHMAN PARK Kota Kinabalu

Just a 20-minute boat ride away from the mainland, this marine park is a vibrant playground for sun-seekers. Tunku Abdul Rahman Park consists of five islands; Gaya, Sapi, Sulug, Manukan and Mamutik. This cluster of tropical islands is ideal for day trips. Accommodation is available at Gaya (the largest island) as well as Manukan. The staging point to the islands is from the Jesselton Point Ferry Terminal.

Must do:

- Go swimming, snorkelling or diving
- Camp out at the islands of Sapi and Mamutik
- Enjoy the thrill of parasailing above the emerald waters
- Go island-hopping or ride on a banana boat
- Get a gorgeous sun tan!



*Try sea-walking
at Sapi Island,
a novel way for
non-divers to
explore the
underwater
world.*



SEPILOK ORANG UTAN REHABILITATION CENTRE Sandakan

Enjoy the rare and thrilling opportunity to see an orang utan up close. Situated in the Kabili-Sepilok Forest Reserve which sprawls over 4,300ha, this sanctuary serves to rehabilitate orphaned orang utans as well as educate the public on the importance of wildlife conservation. The viewing gallery gives an opportunity to see the orang utans being fed by rangers.

Opening hours: 9.00am - 4.00pm daily

Feeding times: 10.00am and 3.00pm

Admission fee:

Malaysian

RM5 Adult, RM2 (below 18)

Non-Malaysian

RM30 Adult, RM15 (below 18)

A fee of RM10 will be charged for cameras.

Tel: 089 531 180



TURTLE ISLANDS PARK Sandakan

Lying in the Sulu Sea, Turtle Islands Park is a cluster of three islands, Selingan, Bakungan and Gulisan Kecil. Here, visitors have the opportunity to catch sight of rare and endangered turtles from the Green and Hawksbill species when they swim ashore to lay eggs. Only the largest island, Selingan, is open to visitors. Besides housing the Park Headquarters, it also offers accommodation and some basic facilities. Before a visit, prior permission must be obtained from Sabah Parks Sdn. Bhd. Access is via Sabah Parks Jetty in Sandakan.

Admission fee: RM10 Adult, RM6 Child
Tel: 089 212 711 (Crystal Quest Sdn. Bhd.)
Website: www.sabahparks.org.my



LOWER KINABATANGAN WILDLIFE SANCTUARY Sukau, Sandakan

The Kinabatangan river sustains one of the world's most diverse ecosystems. Its lower basin has the largest forest-covered floodplain in Malaysia. Exotic wildlife such as orang utans, proboscis monkeys, Asian elephants and Sumatran rhinos roam free in the jungle. There are many tour agencies in Sukau that can arrange accommodation, transfers and tours. Sukau is 135km from Sandakan.

Must do:

- Go on a river safari to spot the wildlife and birds
- Join a night tour to view crocodiles and nocturnal birds
- All eight species of hornbills found in Borneo reside here – try and spot them!
- Join a homestay programme in the nearby villages



The surrounding forest is one of the only two known places in the world to have ten species of primates.



Kinabatangan River has the largest concentration of wildlife in Southeast Asia.



TABIN WILDLIFE RESERVE Lahad Datu

Tabin Wildlife Reserve is the ideal getaway for nature enthusiasts and birdwatchers. Situated in a dipterocarp forest that sprawls over 120,500ha, Tabin is home to three of Sabah's largest mammals; the Borneo pygmy elephant, Sumatran rhino and Tembadau. Accommodation is available in the form of river lodges or hill lodges nestled amidst the wilderness. It comes complete with modern amenities such as en suite bathroom and hot shower. Tabin is about 1 hour 15 minutes away from Lahad Datu. There are daily flights from Kota Kinabalu to Lahad Datu.

Must do:

- Go jungle trekking or go on a night safari to spot the small animals
- Trace the footprints of animals at the mineral springs
- Try a natural facial – put on the mineral-rich mud from the mud volcano!

Tel: 088 267 266

Website: www.tabinwildlife.com.my



*Tabin is said to be
the best area for
wildlife viewing
in Sabah.*

DANUM VALLEY CONSERVATION AREA Lahad Datu

Located deep in an untouched tropical forest, the Danum Valley Conservation Area is a thriving paradise of diverse tropical vegetation and wildlife. The forest is a sanctuary to animals such as the Asian elephant, clouded leopard, orang utan, proboscis monkey and Sumatran rhino. All tours must be pre-arranged with tour agents. Danum Valley is situated about 70km west of Lahad Datu.

Must do:

- Enjoy a nature walk in the virgin rainforest
- Watch birds from the 170m-long canopy walkway
- Trek to the seven tiered Sungai Purut waterfalls
- Visit an ancient Kadazandusun burial site
- Go on a night drive in an open jeep to catch sight of nocturnal animals

Tel: 088 267 637 (Borneo Nature Tours Sdn. Bhd.)

Website: www.borneonaturetours.com



*Danum Valley is one of the
richest conservation areas in
the world. It has over 200 species
of trees per hectare.*



RAINFOREST DISCOVERY CENTRE Sepilok

Situated just 20 miles from the Sandakan Airport, the Rainforest Discovery Centre offers a chance for visitors to enjoy nature without leaving the comforts of civilisation and modernity. It gives an excellent overview of the state's rainforest with sprawling gardens, walking trails and a 147m-long steel canopy walkway. This centre is situated in the Kabili-Sepilok Forest Reserve. It is only ten minutes away from the Sepilok Orang Utan Rehabilitation Centre.

Must do:

- Walk along the Rainforest Discovery Trail to see towering dipterocarp trees
- Observe nearly 250 species of birds from the canopy walkway
- Visit the exhibition centre
- See more than 250 species of orchids as well as pitcher plants and aquatic plants at the Plant Discovery Garden

Opening hours: 8.00am - 5.00pm daily

Admission fee:

Malaysian

RM5 Adult (RM2 for visitors aged 5 - 17)

Non-Malaysian

RM10 Adult and child above six.

Tel: 089 533 780 / 781

Website: www.forest.sabah.gov.my

MARI MARI CULTURAL VILLAGE Kota Kinabalu

Situated in Inanam, about 20 minutes from Kota Kinabalu, Mari Mari Cultural Village offers an insight into the traditional lifestyles of Sabah's ethnic communities. Attractions include traditional dwellings. Join in the various activities and immerse yourself in the local customs and cultures.

Package rates only. Package includes return coach transfer, guide and meals. Tours are held daily at 10.00am, 3.00pm and 7.00pm.

Tel: 088 260 501 / 502

MALIAU BASIN

Touted as 'Sabah's lost world', Maliau Basin is a remote and isolated area containing a rare assemblage of 12 types of forests. Further in the thick jungle, the seven tiered Maliau Falls stands as one of the most astounding sights here.

Tours to Maliau Basin are best done in groups. The destination is only suited for serious naturalists due to the limited communication facilities and amenities. Prior permission must be obtained from Yayasan Sabah and visitors must be accompanied by guides or rangers. The nearest towns to Maliau Basin are Tawau or Keningau. From these towns, Maliau Basin is accessible via four-wheel drives and the journey to its security gate takes about five hours. Alternatively, helicopter rides are available.

For further information, please contact Tourism Malaysia Sabah or Sabah Tourism Board.

SABAH TEA GARDEN Ranau

Set against the beautiful backdrop of Mount Kinabalu, Sabah Tea Garden is an enclave of sprawling tea plantation. Enjoy a tour of the tea factory and plantation, or learn new skills such as surviving in a jungle and crossing a river safely. Visitors can also savour freshly brewed tea at the Tea House. Recreational activities such as jungle trekking, night walks and obstacle training are also available. Accommodation ranges from bungalows, longhouses to campsites.

Sabah Tea Garden is one of the few plantations in the world that has been certified to produce organic tea.

Opening hours: 8.00am - 4.30pm

(the best time for a visit is before 12.00 noon).

Admission fee:

Entrance is free but guided tours are chargeable.

RM10 (tea factory guided tour)

RM30 (guided tour and lunch)

Tel: 088 440 882

Website: www.sabahtea.net



SIPADAN

Sipadan is an internationally famous dive site surrounded by the Sulawesi Sea. The geographic position of Sipadan at the Indo-Pacific Basin (the centre of the richest marine habitat in the world) makes it a paradise for divers. The seascape is decorated with huge gorgonian sea fans, barrel sponges and gigantic soft tree corals. Steep walls form a stunning backdrop while pelagic species such as sharks and turtles swim gracefully.

Further away, the Turtle Cavern contains skeletons of turtles that were lost in the tunnels. At Barracuda Point, divers can have exciting encounters with schools of barracuda. To preserve the delicate ecosystem, accommodation is only provided at the neighbouring islands of Mabul and Kapalai. Tours must be pre-arranged. The nearest airport to Sipadan is Tawau. From Tawau, take an hour's drive to Semporna before proceeding with a 40-minute speedboat ride to the island.



*Sipadan was made famous by
Jacques Yves Cousteau,
a famous French oceanographer
in his documentary 'The Ghosts
of the Sea Turtle'.*

*Sipadan's most thrilling
feature is its Drop Off,
where knee-high water suddenly
gives way to a 600m drop!*

MABUL AND KAPALAI

Situated just 25 minutes from Sipadan, Mabul is another gem in the Sulawesi Sea. However, the seascape in Mabul is starkly different, yet equally stunning. A diversity of tiny marine life makes Mabul a great site for macro and muck-diving. Blue-ringed octopus, mandarin fish, lionfish, frogfish, moray eels and spike-fin gobies are definite show-stealers in the relatively-shallow waters. Mabul is slightly larger than Sipadan and has several resorts as well as a local village.

Kapalai is another great location for muck-lovers. In fact, this little island is rated by many diving journalists as one of the best macro-diving destinations in the world. Mandarin Valley, Gurnard Ground and Stingray City are enchanting sites with a prolific marine life.

Just like Sipadan, the jumping-off point to Mabul and Kapalai is Semporna. The boat ride takes about 45 minutes. Semporna is about an hour's drive from Tawau airport. There are regular air services connecting Tawau and Kota Kinabalu. Transfers can be arranged with tour operators.



Kapalai is not actually an island, but a large sandbank where a resort has been built on stilts.

LOK KAWI WILDLIFE PARK Kota Kinabalu

Made up of two components, zoological and botanical, this park is a delight for children and adults alike. Must-see attractions include tigers, proboscis monkeys, deer, orang utans and Borneo pygmy elephants. A wide range of plants can be observed from the walking trails.

Opening hours: 9.30am - 5.30pm

Admission fee:

Malaysian RM10

Non-Malaysian RM20

Tel: 088 765 793 / 710



Monsopiad Cultural Village Kota Kinabalu

Situated about 16km from Kota Kinabalu, this cultural village pays tribute to the powerful and feared Kadazan warrior, Monsopiad, who lived about 200 years ago. Visitors can gain an insight into the ancient culture. Don't miss the cultural performance which re-enacts this legend. A very interesting point to note is that the village is managed by Monsopiad's direct descendents, on the very land where he once lived.

Opening hours: 9.00am - 5.00pm daily

Admission fee:

Malaysian

RM45 Adult, RM15 (12 years and below)

Non-Malaysian

RM65 Adult, RM25 (12 years and below)

Tel: 088 774 337

Website: www.monsopiad.com



*The House of Skulls displays
43 skulls or 'trophies' collected
by this legendary warrior.*



THERE'S MUCH MORE IN SABAH

The adventure does not end here! Sabah has numerous other attractions waiting to be explored. Visitors will find a number of sightseeing spots in Kota Kinabalu and its surroundings. Kudat, situated to the north of Kota Kinabalu, beckons with charming attractions such as the Rungus tribal village as well as Tanjung Simpang Mengayau, the tip of Borneo. In Sandakan, the second-largest town in Sabah, war-related sites and natural enclaves form the main tourist attraction. Be sure to visit these places before you leave, or come back again to experience the beauty of Sabah.



There are only three surviving buildings from World War II in Kota Kinabalu.

Kota Kinabalu

- Sabah State Museum
- Museum of Islamic Civilisation
- Tanjung Aru Beach
- State Mosque
- City Mosque
- Sabah Tourism Building
- Tun Mustapha Gallery
- Menara Tun Mustapha
- Signal Hill Observatory Platform
- Atkinson Clock Tower
- Kota Kinabalu Wetland Centre
- Petagas War Memorial
- Double Six Monument

Penampang

- Water World Theme Park
- St. Michael's Church

Inanam

- Orchid de Villa

Sandakan

- Gomantong Cave (bird's nest)
- Agop Batu Tulug (historical cave)
- Labuk Bay Proboscis Monkey Sanctuary
- Rafflesia Information Centre
- Lankayan Island
- Libaran Island
- Agnes Keith House
- Sandakan Crocodile Farm
- Sandakan Heritage Trail
- Sandakan Memorial Park
- Sabah Tea House

Kinarut / Papar

- KK Adventure Park

Ranau

- Poring Hot Spring
- Kampung Luanti (Fish massage)

Kudat

- Simpang Mengayau Bay
- Rungus Longhouse
- Kampung Gombizau (Honey Bee Farm)
- Kampung Sumangkap (Gong Factory)
- Kampung Tinagol
(Rungus beads and handicraft-making)

Tawau

- Tawau Hills Park

Kiulu

- White Water Rafting

Kundasang

- Mesilau Nature Park

Tenom

- Sabah Agriculture Park

Lahad Datu

- Madai-Baturong Forest Reserve Nature Centre

Kota Belud

- Mantanani Island
- Kampung Siasai (matchete-making centre)

Semporna

- Matakang Island

Kuala Penyu

- Pulau Tiga (Survivor Island)

SHOPPING & DINING

Shopping

Have an exciting time hunting for unique souvenirs and handicrafts! The state is known for its bewildering array of ethnic-style crafts, beads, pearls, accessories and other unique collectibles. For a novel shopping experience, head to the open-air markets called *tamu* or visit the bazaars.

The popular shopping spots in Kota Kinabalu are:

- Kadaiku
- KK Handicraft Centre
- Wawasan Handicraft Centre
- Gaya Street
- Tamu Kota Belud

Modern shopping malls are mainly centered in Kota Kinabalu. Among the malls are 1Borneo, KKTimes Square, Warisan Square, Centre Point, Wisma Merdeka, KK Plaza and Wawasan Plaza.



Dining

There is a wide range of indigenous specialties awaiting adventurous visitors. The rare ferns, greens, fruits and vegetables here are whipped up into a myriad of lip-smacking dishes. Aside from the local delights, Continental cuisine is widely available at major hotels while fast food can be found in big towns. The cool mountain air and hilly terrain make Sabah a great place to grow tea and coffee. Don't miss a cup of the locally-grown Sabah tea or Tenom coffee.

Authentic local favourites include:

Tuaran Mee – A famous hawker dish made from a batter of egg yolk and flour. It is stir-fried with local vegetables and garnished with slices of roast chicken (or pork) and more eggs.



Ambuyat – Sometimes known as *Nantung*, this is a thick gluey porridge made of sago, tapioca or rice. Don't let the appearance stop you from trying it out – the sticky treat is rolled or twisted around a chopstick and savoured with a sauce.

Hinava – A salad made of raw fish or prawns, *hinava* is especially popular among the Kadazandusun community. The most essential ingredient in *hinava* is *bambangan*, or grated seeds of a wild mango that is indigenous to Sabah.

Tuhau – Another dish for the health conscious, *tuhau* is a fresh salad made from a ginger-like plant. It is pounded and mixed with lime juice, onions and chillies. *Tuhau* can be eaten by itself, or savoured together with rice.

Kelupis – Aromatic, filling and delicious, *kelupis* is made of glutinous rice wrapped in a fragrant leaf called *daun nyirik*. It is cooked in coconut milk.



Restaurants in Sabah

Atlantis Seafood Restaurant

Kota Kinabalu
Tel: 088 725 569

Kampung Nelayan Restaurant

Luyang
Tel: 088 269 991 / 231 003 / 231 005

Ocean Seafood Restaurant

Api Api Centre, Kota Kinabalu
Tel: 088 264 701 / 269 701

Rasa Nyonya Restaurant

Kota Kinabalu
Tel: 088 218 092

Sri Malindo Restaurant

Api-Api Centre, Kota Kinabalu
Tel: 088 318 624

Portview Restaurant

Anjung Samudera, Kota Kinabalu
Tel: 088 221 753

Kohinoor Restaurant

Anjung Samudera, Kota Kinabalu
Tel: 088 484 675

Nasi Padang Ibu

Jesselton Point, Kota Kinabalu
Tel: 088 780 188

Sri Melaka Restaurant

Kampung Air, Kota Kinabalu
Tel: 088 213 028

The above listing is not exhaustive

EVENTS & RECREATION

Sabah is the host of many prestigious events. The state is a bustling venue for a variety of events, be it festivals, ethnic performances or sporting activities. These are some of the highlights that visitors should not miss:

Event	Month	Venue
Regatta Lepa	April	Semporna
Sabah Fest – A Cultural Extravaganza	April	Kota Kinabalu
Tadau Kaamatan Celebration - Grand Finale	May	Penampang
Tadau Kaamatan Open House Celebration	June	Sabah
KK Jazz Festival	June	Kota Kinabalu
Sabah Dragon Boat Race	June	Likas Bay, Kota Kinabalu
Sabah International Folklore Festival	July	Sabah Cultural Centre, Penampang
Rhythm of Kinabalu	October	Kundasang
Mount Kinabalu International Climbathon	October	Kundasang

Recreation

Aside from the fabulous attractions, avid golfers can enjoy a round of golf at scenic locations. Some of these courses are designed by renowned architects such as Jack Nicklaus and Ted Parslow. Golf courses are situated in Kota Kinabalu, Beaufort, Kudat, Tawau and Kundasang.

The state has also gained a significant reputation as one of the finest sailing destinations in the Southeast Asian region. The marinas and yacht clubs here have superb facilities.

Sutera Harbour Marina

Tel: 088 252 266

Kinabalu Yacht Club

Tel: 088 240 070

Sandakan Yacht Club

Tel: 089 212 518

Tawau Yacht Club

Tel: 089 212 518



ESSENTIAL INFORMATION

ACCOMMODATION

There is a wide range of accommodation in Sabah, catering for every budget and lifestyle. Exclusive five-star resorts are equipped with MICE facilities are available at Kota Kinabalu, Tanjung Aru and Karambunai. Aside from the star-rated hotels, there are ample budget hotels and backpackers' inn around the country. In the islands, accommodation ranges from chalets to beach resorts. There is no accommodation in Sipadan, and visitors can make day trips from the islands of Mabul or Kapalai.

Kota Kinabalu

Capitol Hotel **
Tel: 088 231 999

King Park Hotel ***
Tel: 088 270 500

Grand Borneo Hotel ****
Tel: 088 526 888

Novotel Hotel ****
Tel: 088 529 888

Courtyard Hotel ***
Tel: 088 528 228

Nexus Resort Karambunai *****
Tel: 088 411 222
www.nexusresort.com

KK Times Square Hotel **
Tel: 088 486 111

Imperial Boutec Hotel ***
Tel: 088 525 969
www.imperialboutec.com

Beverly Hotel ****
Tel: 088 258 998
www.bhhhotels.com

Promenade Hotel ****
Tel: 088 265 555
www.promenade.com.my

D'Borneo Hotel **
Tel: 088 266 999

High Street Inn
Tel: 088 218 111

Hotel Asia City *
Tel: 088 269 400
www.asiacityhotel.com

Hotel Deleeton **
Tel: 088 252 222

Hotel Bundusan **
Tel: 088 725 031 / 036
www.hotelbundusan.com

Hotel Garden
Tel: 088 257 400 / 216 168
www.hotelgarden.com.my

Hotel New Sabah
Tel: 088 225 810 / 224 590

Hotel Shangri La ***
Tel: 088 212 800
www.kkshang.co

Hyatt Regency Kinabalu *****
Tel: 088 221 234
www.kinabalu.regency.hyatt.com

Imperial International Hotel ***
Tel: 088 522 888
www.imperialkk.com

Kinabalu Daya Hotel ***
Tel: 088 240 000
www.kkdayahotel.com

Le Meridien Kota Kinabalu *****
Tel: 088 322 222
www.kotakinabalu.lemeridien.com

Sutera Harbour Resort – Pacific Sutera *****
Tel: 088 318 888
www.suteraharbour.com

Shangri-La's Tanjung Aru Resort & Spa *****
Tel: 088 327 888
www.shangri-la.com

Tang Dynasty Hotel ***
Tel: 088 263 389 / 265 566
www.hoteltangdynasty.com

The Jesselton Hotel ***
Tel: 088 223 333
www.jesseltonhotel.com

The Palace Hotel ***
Tel: 088 211 911

Winner Hotel ***
Tel: 088 243 222

Cititel Express Kota Kinabalu ***
Tel: 088 521 188
www.cititelexpress.com/KK

Myne Hotel
Tel: 088 448 787
www.myne.com.my

Megah D'Aru Hotel **
Tel: 088 239 666

Lembah Impian Country Homes
Tel: 088 766 117
www.lembahimpian.com.my

Tunku Abdul Rahman Park
Gayana Eco Resort *****
Tel: 088 380 390 (KK Sales Office)
www.gayana-eco-resort.com

Pulau Manukan Island Resort
Tel: 088 303 914
www.suterasanctuarylodges.com.my

Orchid Hotel
Tel: 088 793 789
www.orchidhotel.net.com

Kota Marudu

Marudu Inn (Sales Office in KK)
Tel: 088 661 200

Kudat

Kudat Golf & Marina Resort ***
Tel: 088 611 211
www.kudatgolfmarinaresort.com

Tawau

King Park Hotel ***
Tel: 089 766 699 / 767 700
www.kingparkhotel.com.my

Heritage Hotel **

Tel: 089 766 222
www.heritagehotel.com.my

Hotel Emas

Tel: 089 762 000

Keningau

Hotel Juta ***
Tel: 087 337 888

Perkasa Hotel ***
Tel: 087 331 045 / 046
www.perkasahotel.com.my

Sandakan

Hotel Nak
Tel: 089 272 977

Hotel Ramai **
Tel: 089 273 222

Hotel Sandakan ***
Tel: 089 221 122

Sabah Hotel ****
Tel: 089 213 299
www.sabahhotel.com.my

Sanbay Hotel
Tel: 089 275 000
www.sanbay.com.my

Swiss Inn Waterfront ***
Tel: 089 240 888
www.swissgarden.com

Semporna

Seafest Hotel ***
Tel: 089 782 333
www.seafesthotel.com

Dragon Inn
Tel: 089 781 088
www.dragoninnfloating.com.my

Lahad Datu

Grace Hotel **
Tel: 089 881 000 / 866 649

Asia Hotel
Tel: 089 881 771

Tuaran

Shangri-la Rasa Ria Resort *****
Tel: 088 792 888

Tang Dynasty Lodge **
Tel: 088 788 555

Ranau

Kinabalu Pine Resort **
Tel: 088 889 388

Celyn Resort
Tel: 088 423 289

Zen Garden Resort
Tel: 088 889 242

Mesilau Nature Resort
Tel: 088 243 629

Mount Kinabalu Heritage and Spa Hotel ***
Tel: 088 889 511

Kinabalu Rose Cabin (Reservations Office in KK)
Tel: 088 889 233
www.kinabalurosecabin.8m.com

Sukau

Kinabatangan Riverside Lodge
Tel: 089 213 502 / 503 / 223 502
www.sitoursborneo.com

Barefoot Sukau Lodge
Tel: 089 235 525 / 088 384 301

Sukau River Lodge
Tel: 089 219 616

Melapi Lodge
Tel: 088 240 584

Sri Menanggal Lodge
Tel: 088 221 244

Beaufort

Melbe Hotel
Tel: 087 222 266

Borneo Proboscis River Lodge Klias
Tel: 013 898 8306

Garama Base Camp
Tel: 088 262 507

Kuala Penyu

Tempurung Seaside Lodge
Tel: 088 773 066

Kinarut

Beringgis Beach Resort ***
Tel: 088 752 333

Langkah Syabas Resort
Tel: 088 752 000

Pulau Tiga

Borneo Survivor Resort
Tel: 088 230 806

Pulau Tiga Resort
Tel: 088 240 584
Website: pulau-tiga.com



*The above listing is not exhaustive
* Star rating*

GETTING THERE

By Air

Sabah is well-connected domestically and internationally. The main gateway to Sabah is the Kota Kinabalu International Airport (KKIA) situated about 20 minutes away from the city. Malaysia Airlines and AirAsia provides daily direct flights to Sabah from Kuala Lumpur, Malaysia's capital city.

Internationally, Sabah is accessible from Brunei Darussalam, China, Hong Kong, Taipei, Japan, Thailand, Philippines, Singapore and South Korea. The flights that operate here include Silk Air, Royal Brunei Airlines, Korean Air, Dragonair and Asiana. Visitors from Australia can also arrive in Sabah via Kuala Lumpur.

Sabah has a second airport called the Low Cost Carrier Terminal or Terminal Two. This terminal is situated about 7km from Kota Kinabalu International Airport. The budget carrier AirAsia operates from this terminal.

By Sea

Visitors from Labuan, Indonesia and Philippines can arrive in Sabah by sea. Ferry terminals and immigration checkpoints are situated at Kota Kinabalu, Sandakan and Tawau.

The Suter Harbour Marina in Kota Kinabalu welcomes foreign guests who wish to berth their yachts in comfort and convenience. Vessels are required to do port clearance before their crew is allowed ashore.

By Land

Overland travel between Kota Kinabalu, Kuching and Brunei Darussalam is possible via the Trans Borneo Highway. However, visitors are advised to be prepared for long journeys. Those who are intending to self-drive should plan their routes and rest stops.

Getting Around

Local buses and taxis are easily available in Kota Kinabalu although tour operators normally arrange most of the overland transfers. The local train service that connects Tanjung Aru to Beaufort and Tenom is a refreshing alternative to enjoy the scenery.

A good network of rural air service connects Kota Kinabalu to the gateway towns of Sandakan, Tawau and Lahad Datu. The smaller towns of Kudat and Semporna are equipped with airstrips.

USEFUL CONTACT NUMBERS

Tourism Enquiries

Tourist Information Centre (Terminal 2)	Tel: 088 447 075
Sabah Tourism Board Information Counter	Tel: 088 212 121
Sandakan Tourist Information Centre	Tel: 089 229 751

Transportation

Malaysia Airlines	Tel: 1 300 88 3000	www.malaysiaairlines.com
AirAsia	Tel: 03 2171 9333 / 9222	www.airasia.com
MASwings	Tel: 1 300 88 3000	www.maswings.com.my
Silk Air	Tel: 088 265 700 / 265 771	www.silkair.com
Royal Brunei Airlines	Tel: 088 242 193 / 196	www.royalbrunei.com
Kota Kinabalu International Airport	Tel: 088 325 555	
Terminal 2 (Low Cost Carrier Terminal, KKIA)	Tel: 088 447 049	
Tanjung Aru Railway Station	Tel: 088 254 611	

General Enquiries

Tourist Police	Tel: 088 450 402 / 222	
Emergencies	Tel: 999	
Department of Immigration	Tel: 03 8880 1000	www.imi.gov.my

SARAWAK

There is something utterly fascinating and mystical about Sarawak. This is the largest state in Malaysia, occupying the southernwestern ridge of Borneo.

Its verdant jungles are strewn with massive natural formations, the world's largest cave chambers as well as endemic flora and fauna. Sarawak's greatest assets include its UNESCO World Heritage Site and numerous protected national parks. The vast number of hornbills found here has made Sarawak to be fondly known as 'the Land of the Hornbills.'

Its vibrant ethnic groups, coupled with the legacy of the Brooke dynasty, weave a history filled with intrigue and fascination. Kuching, the capital city, is a good place to get a glimpse into the past.

Explore the extraordinary natural marvels of Sarawak!



MAP OF SARAWAK



* Map not drawn to scale

PLACES OF INTEREST

GUNUNG MULU NATIONAL PARK

Miri

(A UNESCO World Heritage Site)

One of the most outstanding attractions in Sarawak, Gunung Mulu National Park is a treasure trove of vertical cliffs, jagged limestone pinnacles and intricate cave networks. The area is a paradise for researchers with some 20,000 animals and 3,500 plant species.

Tours and caving expeditions are available from the park office. Visitors can choose from introductory, intermediate or advanced tours depending on their experience and fitness levels. Tours are accompanied by World Heritage Guides. To truly appreciate the beauty of Mulu, visitors are advised to allocate at least several days for their trip here. Accommodation ranges from camp sites, forest huts to the exclusive Royal Mulu Resort nestled amidst the rainforest. Mulu is accessible by air from Miri.

Must do:

- Visit the four show caves – Deer, Lang, Clearwater and Wind Caves
- Watch millions of bats from the Bat Observatory
- Make your way to The Pinnacles
- Trek along the Headhunters Trail to Limbang
- Go up the 480m Mulu Canopy Skywalk
- Explore the Medicine Plants Trail

Tel: 085 432 561

(Mulu National Park & Wildlife Office)

085 792 305 (Borsarmulu Park Management)

Website: www.mulupark.com and
www.mulucaves.com



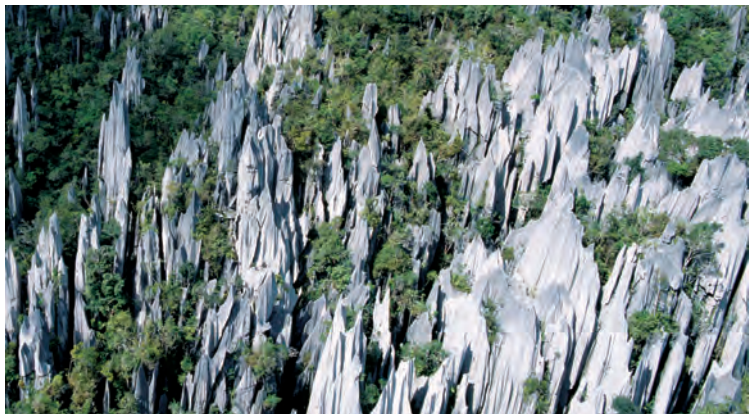
Mulu is the site of some astounding natural attractions:

- *Deer Cave has the largest cave passage in the world*
- *Clearwater Cave is Asia's longest cave*
- *The Sarawak Chamber is the world's largest cave chamber. It can accommodate 40 Boeing 747 aircrafts.*



A unique feature at the Deer Cave is the formation which resembles the profile of Abraham Lincoln.

Gunung Mulu's signature attraction is the razor-sharp limestone spikes called The Pinnacles.





Niah's Great Cave and Painted Cave are declared as National Historical Monuments.

NIAH NATIONAL PARK Miri

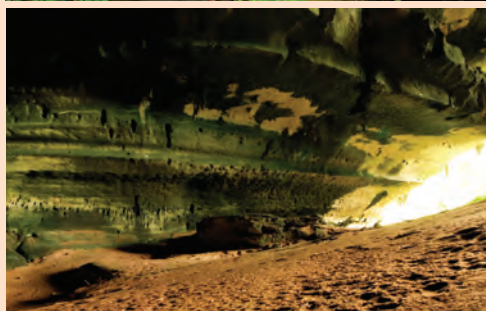
Millions of bats and swiftlets, numerous historical sites, ancient tombs and a primary rainforest come together to enchant visitors at this national park. Sprawling over 3,238ha, Niah National Park enjoys great popularity among history lovers and researchers for its archaeological significance. The Great Cave here was inhabited by prehistoric men nearly 40,000 years ago. Among the relics unearthed include Neolithic paintings and Paleolithic artefacts. Another attraction is the Painted Caves, where depictions of human-like figures were found near an ancient burial site. Niah National Park is accessible from Miri and Bintulu. It is situated about 109km from Miri or 131km from Bintulu. Accommodation ranges from chalets, hostels to a rest house.

Must do:

- Explore the forest trails
- Visit the Iban longhouse nearby
- Enjoy a boat ride
- Explore the Great Cave to see the excavation sites
- Visit Niah's famous Painted Cave

Tel: 085 737 454 / 737 450
(Niah National Park & Wildlife Office)

Dubbed as the cradle of human civilisation in the region, Niah is one of the most important archaeological sites in the world.



BAKO NATIONAL PARK Kuching

Bako National Park is ideal for day trips because of its proximity to the city. It is also said to be the best place to start your discovery of the state's rainforest. Among the occupants of this national park are the rare proboscis monkeys, long-tailed macaques, leaf monkeys, monitor lizards, plantain squirrels and about 150 species of birds. Accommodation is available in the form of forest hostels and lodges. Many tour companies organise tours to Bako.

Tel: 082 431 336 (Bako Terminal)
082 478 011 (Bako National Park)



KUCHING WATERFRONT Kuching

Kuching Waterfront is a 900m long esplanade. It is a popular hangout for locals and foreigners alike. A number of heritage buildings surround the waterfront. Interesting sights include the Chinese History Museum, Sarawak Steamship Building and Square Tower, each with its own history and saga. The area is best explored via the walking trails that have been laid out. Avid shoppers can visit the Main Bazaar nearby, where a stretch of shops offer an assortment of handicrafts.



SARAWAK MUSEUM Kuching

Housed in a stately building bearing Victorian-style architecture, this museum is a repository of information on the state's ethnography, natural history, crafts and the petroleum industry. The new wing (Dewan Tun Abdul Razak) showcases artefacts related to archaeology. Please take note that visitors are not allowed to bring in their cameras.

Opening hours: 9.00am - 6.00pm daily

Admission is free.

Tel: 082 244 232 (Sarawak Museum Department)



ISLAMIC MUSEUM Kuching

Just walking distance from the Sarawak Museum's New Wing, this museum has a wealth of information on the Muslim community in Sarawak. Its seven themed galleries display a variety of information on Islamic history and heritage.

Opening hours: 9.00am - 6.00pm

Admission is free.

Tel: 082 244 232 (Sarawak Museum Department)



CAT MUSEUM Kuching

Enjoy an interesting display of all things feline! Exhibits range from feline art, souvenirs, a pictorial collection of cats, to statues and legends that are associated with these adorable furry friends.

Opening hours: 9.00am - 5.00pm

(Closed on Monday)

Admission is free.

There will be additional charges for cameras.

Tel: 082 446 688



Kuching's Cat Museum is the first of its kind in the world. Kuching means 'cat' in Bahasa Malaysia, the national language. Visitors will find several statues of cats dotting the city, as a tribute to its namesake.



SEMENGGOH NATURE RESERVE

Situated in the Semenggoh Nature Reserve, this centre was established to rehabilitate orang utans that were injured, orphaned or kept illegally. In the sprawling nature reserve, visitors can see orang utans of various ages, from adorable and mischievous young primates, to caring and protective mothers, to mature adults. Enjoy observing their antics during the feeding times (9.00am and 3.00pm) or watch them frolic in the rainforest. Other attractions include an arboretum, orchard and botanical garden.

Opening hours: 8.00am - 5.15pm

Admission fee: RM3, Adult, RM1.50 Child

Tel: 082 618 423 (Semenggoh Nature Reserve)

082 248 088 (National Parks Booking Office)

Website: www.sarawakforestry.com



SARAWAK CULTURAL VILLAGE Damai

An award-winning attraction, Sarawak Cultural Village is a cultural microcosm of the entire state. Dubbed as a 'living museum', the village showcases the lifestyles and traditional dwellings of the major ethnic groups in Sarawak. Among the items on display are cooking utensils, traditional tools, musical instruments and many more. The highlight of a visit here is the cultural performance held at 11.30am and 4.00pm daily. Sarawak Cultural Village is situated at the foothills of Mount Santubong, about 35km from Kuching.

Opening hours: 9.00am - 5.00pm daily

Admission fee: RM60 Adult,
RM30 Child (ages 6 - 12)

Tel: 082 846 411

Website: www.scv.com.my



According to local legend, Mount Santubong derives its name from two mythical princesses, Santubong and Sejinjang. They were cursed to turn into mountains after a fearsome quarrel over a prince.

RIVER CRUISES

Rivers play an important role in Sarawak's transportation. Since time immemorial, the locals have been using river transportation to get access to various parts of the state. Now visitors too can experience this important aspect of local lifestyle.

One of the most popular cruises is the Sarawak River Cruise, which departs from the Kuching Waterfront twice a day. It retraces the historical journey of Sir James Brooke in the yesteryear while giving a glimpse of the city's old-world charm.

Visitors in search of more excitement can board the *perahu tambang*, a local boat. It is the easiest and quickest method to get across the Kuching River. This service is widely used by the locals because of its reasonable fare.

Irrawaddy Dolphin Watching

The Santubong peninsula beckons with a delightful attraction – dolphin watching. The shallow coastal areas and estuaries make good habitats for the rare Irrawaddy dolphins. Although sightings are not guaranteed, the serene views along the river will keep visitors fascinated. Most cruises can be arranged through travel agents.

Tel: 082 410 944 / 410 942

(Visitors Information Centre)



BORNEO HIGHLANDS RESORT Padawan

Poised atop undulating mountain ridges at 1,000m above sea level, this resort offers a tranquil getaway amidst the lush greens of the rainforest. Be pampered in the jungle spa, or enjoy a round of golf at the award-winning greens. Resort activities range from guided highland tours, birdwatching to longhouse visits and cooking demonstrations. This resort is situated about 60km southwest of Kuching.

Tel: 019 828 0790 (Borneo Highlands Resort)

082 578 980 (Booking Office)

Website: www.borneohighlands.com.my

TRADITIONAL LONGHOUSE VISITS

Longhouses are the traditional dwellings of the natives. These are communal dwellings and many families live in the same longhouse and share their tasks together. A stay at the longhouse offers a chance to experience this interesting way of life. Visitors can stay with the Bidayuh and Iban ethnic groups at the following places:



ANNAH RAIS LONGHOUSE Padawan

Live in a Bidayuh longhouse with the locals, savour the local delights and experience their traditional lifestyle. A trip to the Annah Rais Longhouse offers great nature-based activities and cultural shows. Annah Rais Longhouse is situated about 60km or 1½ hours' drive from Kuching. Trips must be pre-arranged.

Must do:

- Trek to a hot spring or waterfall
- Try a 'waterfall massage'
- Go bamboo rafting
- Learn how to cook bamboo rice and bamboo chicken
- Enjoy a cultural performance
- Try your skills with a blowpipe
- See how rice is harvested
- Try your hand at playing the traditional instruments
- Savour local fruits and don't miss the local home-made wine

Tel : 082 410 944 / 410 942
(Visitors Information Centre)

IBAN LONGHOUSE TOURS Batang Ai, Lemanak and Skrang

The Iban longhouse tour at Batang Ai is a unique experience to be cherished. Lemanak River is about four hours' drive from Kuching. Visitors will get an opportunity to journey upstream along the river on a wooden longboat, before arriving at the longhouse where many interesting activities await. Be awed by a blowpipe demonstration, see how rice is cooked in bamboo tubes and watch a traditional native dance.

Batang Ai is the site of the 24,040ha Batang Ai National Park. It is home to the endangered gibbons, orang utans and hornbills. Just outside the park is the five-star Hilton Longhouse Resort, offering longhouse-style accommodation with all the trappings of modernity.

Tel: 082 410 944 / 410 942
(Visitors Information Centre)

GUNUNG GADING NATIONAL PARK Lundu

Rafflesia, the world's largest flower, stands as the main attraction in this national park. The species here is called *Rafflesia tuan mudae*, which can grow up to one metre in width. Forest lodges are available for overnight stays. This park is about two hours drive from Kuching. Visitors are advised to call first to find out if the Rafflesia is in bloom.

Must do:

- Picnic at the nearby Pandan and Siar beaches
- Hike to the peak of Mount Gading at 900m
- Walk along the jungle trails to view the Rafflesia

Tel: 082 735 144 (Gunung Gading National Park)
082 248 088 (Booking Office)



The gigantic Rafflesia flower can reach up to one metre in full bloom. It takes about nine months to mature but the bloom only lasts for a week.

LAMBIR HILLS NATIONAL PARK Miri

A botanical paradise, this park is said to have about 1,100 tree species in just 50ha. Tall dipterocarp trees such as *kapur* and *meranti* cover much of the forest canopy. With some patience and luck, visitors may be able to catch sight of pangolins, barking deer or monkeys. Walk along the trails or trek to the scenic waterfalls for a picnic. This national park is situated along the Miri-Bintulu road. It is about 30km from Miri town.

Tel: 085 471 630 (Lambir Hills National Park HQ)

Sarawak has the highest number of national parks in the country. Each national park is different in character and offers distinct attractions. The national parks are managed by Sarawak Forestry Corporation. Several parks are complemented with jungle resorts that provide modern amenities. The information above is only an overview of the majestic attractions that lay at the national parks. Further information can be obtained from Sarawak Tourism Board's website at www.sarawaktourism.com or Sarawak Forestry Corporation's website at www.sarawakforestry.com.



HOMESTAYS

Experience the unique cultures of Sarawak by living with the different ethnic groups. In a homestay programme, visitors can stay at an Iban, Bidayuh or Orang Ulu longhouse, a Malay *kampung* (village) house, or even a Melanau house. There are 19 homestay villages in the state. Among the well-known villages are:

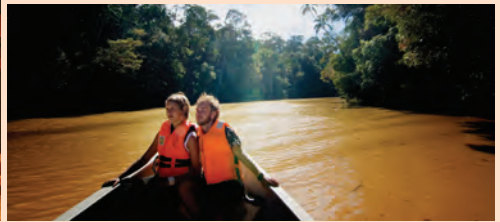
- Santubong Homestay, Santubong
- Kampung Darul Islam Belimbing Homestay, Padawan, Kuching
- Abas Homestay, Kampung Panglima Seman, Kuching

For further information on other homestays, please visit www.go2homestay.com

Tel: 082 410 944 (Visitors Information Centre)

THERE'S MUCH MORE IN SARAWAK

Long-staying visitors can head to many other places of interest that are waiting to be explored. There are many museums and heritage buildings around Kuching. Miri, the second largest city in Sarawak, is an oil-rich destination with sculptures of seahorses which stand as the icons of the town. The recent discovery of the Miri Reef has made the city popular among reef diving enthusiasts. A number of star-rated hotels are available here. More attractions await at the towns of Sibu, Bintulu and Kapit. Many of these towns serve as the gateways to the interiors and national parks.



Kuching

- Sarawak River Cruise
- Sarawak Tourism Complex
- Main Bazaar
- Tua Pek Kong Temple
- Kuching Mosque
- State Mosque
- Chinese History Museum
- Textile Museum
- Tun Jugah Pua Kumbu Museum
- Timber Museum
- Kuching Wetlands National Park
- Jong's Crocodile Farm
- Padawan Pitcher Plant and Orchid Garden
- Kubah National Park
- Tanjung Datu National Park

Damai and Santubong

- Beaches
- Golf resorts
- Santubong Wildlife Cruise

Pulau Talang and Pulau Satang National Parks

Matang

- Matang Wildlife Centre

Miri

- Grand Old Lady (Miri's first oil well)
- Seahorse Island
- Luconia Shoals
- Miri Public Park
- Miri City Fan
- Luak Bay Esplanade
- Lian Hua San Temple
- Loagan Bunut National Park

Sibu

- Rejang Esplanade
- Mist Garden
- Eng Ann Tua Pek Kong Temple
- Sungai Merah township
- Bukit Aup Jubilee Park

Sri Aman

- Batang Ai National Park
- Longhouse Safari

Bintulu

- Similajau National Park
- Taman Tumbina National Park

Baram

- Bario Highlands
- Merarap Hot Springs
- Ba' Kelalan Highlands

SHOPPING & DINING

Shopping

Shopping in Sarawak is an adventurous experience. The state's many ethnic groups are known for their intricate crafts and souvenirs. One of the state's most popular crafts is the Sarawakian beads. Colourful beads of all sizes are fashioned into necklaces, rings, bracelets and earrings. Another must-have item is the *pua kumbu* textile. This hand-woven fabric can be used as wall hangings, table covers and shawls. Sarawak pottery has gained a name for itself for its distinct designs and carvings. In some places, visitors can watch pottery-making. Bamboo mats are another popular item. These mats come in various sizes and are a great idea to enhance your home decor. Some shops even offer packing and delivery arrangements for a fee.

Main shopping spots around Kuching are:

- Main Bazaar
- Kuching Waterfront Bazaar
- Sarakraf Pavilion (Jalan Tabuan)
- Sarawak Handicraft Centre (Round Tower)
- Jalan Padungan
- Sunday Market at Jalan Satok
- India Street
- Jalan Penrissen

Dining

Diverse, tasty and exotic! Sarawak's traditional delights are simply superb for those who are adventurous enough to give it a go. Coastal areas such as Damai and Santubong offer a variety of seafood dishes.

The state is also a leading producer of pepper and pineapples. In the cool climate of Kelabit Highlands, the natives cultivate a special rice called Bario Rice. It is harvested by hand using age-old methods. The equally cool highlands of Ba'Kelalan is gaining popularity for its crunchy apples. For decades, Sarawak has been exporting high quality swiftlet's nests.

Aside from the local food, visitors can enjoy Chinese, Japanese, Korean and Western food in Kuching. Major hotels around the state serve a variety of continental cuisine.



Sarawak's authentic dishes include:

Sarawak Laksa – this signature dish consists of noodles served with an aromatic, tangy soup.

Mee Kolok – Handmade yellow egg noodles are used to prepare this tasty dry dish. The noodles are tossed with lard, garlic oil and black vinegar to give it the special flavour and taste. Muslim stalls offer a *halal* or pork-free version of this dish.

Bubur Pedas – Literally meaning 'spicy porridge', this dish is made with condiments such as yam, bamboo shoots and wild ferns. It is popular during the Muslim fasting month.

Manok Pansoh – A specialty of the Iban people, this dish is made of chicken and ginger. It is cooked in a bamboo log over an open fire to seal in the aroma and flavour.

Sarawak Layer Cake – Pretty and colourful, the Sarawak layer cake has a mosaic-like look. They are usually homemade and taste simply delicious with a cup of coffee.

Ikan Terubok Masin – The salted *terubok* fish is popular in Sarawak. It tastes best when grilled.

Bird's Nest Soup – This highly prized Chinese delicacy is said to have medicinal properties. Try it at upmarket restaurants.

Sarawak Pepper – Bottled Sarawak pepper can be purchased at most departmental stores, supermarkets and mini markets. It is locally produced and fresh.

Sarikei Pineapple – Sarikei is known as 'the pineapple capital of Sarawak'. The variety grown here is juicy, and low in acid and sugar.

Other specialties of Sarawak include *Umai*, a raw fish salad and *Tabaloi*, a traditional sago cookie.





Restaurants in Sarawak

Aroma Café
Kuching
Tel: 082 417 163

Jambu Restaurant
Kuching
Tel: 082 235 292

The Banquet
Kuching
Tel: 082 451 414

Mango Tree
Kuching
Tel: 082 235 353

The above listing is not exhaustive

EVENTS & RECREATION

Enjoy these great events while you are in Sarawak. From action-packed races, to fascinating cultural extravaganzas, Sarawak is a paradise for events.

Event	Month	Venue
Miri International Jazz Festival	May	Miri
Gawai Dayak Open House Celebration	June	Throughout Sarawak
Rainforest World Music Festival	July	Sarawak Cultural Village, Kuching
Sarawak Regatta	July	Kuching Waterfront, Kuching
Borneo International Yachting Challenge	October	Miri

Recreation

Most five-star hotels are equipped with golf courses and amenities for recreation such as swimming pools and squash courts. Water sports enthusiasts can head to the Damai Beach where activities such as jet-skiing, windsurfing and water-skiing can be enjoyed. Golfers can take their pick from the many golf courses around the state.

Major golf courses in Sarawak are:

- Kelab Golf Sarawak, Petra Jaya
Tel: 082 443 398 / 443 412
- Bintulu Golf Club
Tel: 086 252 001
- Damai Golf Course, Santubong
Tel: 082 846 088
- The Hornbill Golf & Jungle Club,
Borneo Highlands Resort
Tel: 082 790 800



ESSENTIAL INFORMATION

ACCOMMODATION

There is a wide range of accommodation in Sarawak catering to every taste and budget. The capital city of Kuching as well as the surrounding areas of Damai and Santubong have a number of five-star resorts. At the national parks, visitors will find jungle lodges, hostels and modest chalets. Gunung Mulu National Park and Batang Ai National Park are situated near to exclusive jungle resorts. More jungle resorts can be found in Kapit and Padawan. Major towns such as Miri are also equipped with good accommodation facilities.

Kuching

Merdeka Palace Hotel & Suite*****
Tel: 082 258 000
www.merdekapalace.com

Hilton Kuching *****
Tel: 082 248 200
www.hilton.com

Pullman Kuching*****
Tel: 082 222 888
www.pullmankuching.com

Riverside Majestic Hotel *****
Tel: 082 247 777
www.riversidemajestic.com

Grand Margherita Hotel *****
Tel: 082 423 111
www.grandmargherita.com

Damai Beach Resort *****
Tel: 082 846 999
www.damaibeachresort.com

Damai Puri Resort & Spa *****
Tel: 082 846 900
www.damaipuriresort.com

Four Point by Sheraton *****
Tel: 082 280 888

Regal Court ***
Tel: 082 412 211

One Hotel Santubong ***
(formerly known as Santubong Resort)
Tel: 082 846 888
www.santubongresort.com

Kuching Park Hotel ***
Tel: 082 239 888
www.kuchingparkhotel.com.my

Regency Rajah Court Hotel ***
Tel: 082 484 799
www.theregencyhotel.com.my

Telang Usan Hotel ***
Tel: 082 415 588
www.telangusan.com

Kingwood Inn Kuching ***
Tel: 082 330 888

Penview Inn Kuching ***
Tel: 082 341 200

Harbour View Hotel ***
Tel: 082 274 666
www.harbourview.com.my

Hotel Grand Continental ***
Tel: 082 230 399
www.ghihotels.com.my

Borneo Hotel **
Tel: 082 244 122

Liwah Hotel Kuching **
Tel: 082 428 222
www.liwahhotel.com.my

Hung Hung Inn **
Tel: 082 231 100
www.hunghunginn.109.com.my

Supreme Hotel **
Tel: 082 255 155
www.supremehotel.my

Hua Kock Inn *
Tel: 082 429 788

Chonglin Plaza Hotel & Suite *
Tel: 082 252 999
www.chonglinplaza.com.my

Long House Hotel ***
Tel: 082 429 333

Samudra Court ***
Tel: 082 256 363 / 254 363
www.samudracourt.com.my

Fata Hotel **
Tel: 082 232 211

Miri

Miri Marriott Resort & Spa *****
Tel: 085 421 121
www.marriott.com

Grand Palace Hotel *****
Tel: 085 428 888
www.grandpalacehotel.com.my



Mega Hotel ****

Tel: 085 432 432

www.megahotel.com.my

Park City Everly Hotel ****

Tel: 085 418 888

www.vhhotels.com/everly.php

Dynasty Hotel ***

Tel: 085 421 111

Royal Mulu Resort *****

Tel: 085 790 100

www.royalmuluresort.com

Hotel Pacific Orient **

Tel: 085 413 333

Kingswood Inn ***

Tel: 085 415 888

Imperial Hotel ****

Tel: 085 431 133

www.imperialhotel.com.my

Bintulu

Park City Everly Hotel ****

Tel: 086 318 888

www.vhhotels.com/everly.php

The Regency Plaza Hotel ***

Tel: 086 315 111

Hoover Hotel ***

Tel: 086 337 166

Regent Hotel Bintulu **

Tel: 086 335 511

River front Inn ***

Tel: 086 333 111

Sibu

Kingswood Hotel *****

Tel: 084 335 888

Kawan Hotel **

Tel: 084 315 888

Premier Hotel ***

Tel: 084 323 222

www.premierh.com.my

Tanahmas Hotel ***

Tel: 084 333 188

www.tanahmas.com.my

The Orchid Hotel **

Tel: 084 331 999

The Paramount Hotel ***

Tel: 084 331 122

www.paramountsibu.com

Li Hua Hotel **

Tel: 084 324 000

RH Hotel

Tel: 084 365 888

www.rhhotels.com.my

Sri Aman

Hilton Batang Ai Longhouse Resort *****

Tel: 083 584 388

www.hilton.com

Hoover Hotel ***

Tel: 083 321 985

Theatre Inn ***

Tel: 083 323 122

Tiara Inn **

Tel: 083 325 832

Champion Inn **

Tel: 083 320 140

Kapit

The Regency Pelagus Resort ***

Tel: 084 799 050

Hotel Mahligai Kapit **

Tel: 084 796 611

The Greenland Inn *

Tel: 084 796 388

New Rejang Inn ***

Tel: 084 796 709

Orchard Inn ***

Tel: 084 796 325

The above listing is not exhaustive

** Star rating*



TRANSPORTATION

Getting There

By Air

Sarawak is well-connected to Kuala Lumpur (Malaysia's capital city) as well as several other international destinations. The main airport is the Kuching International Airport. There are a number of other airports and airstrips in Sarawak, situated in Miri, Bintulu and Sibü. Malaysia Airlines, the national carrier, provides daily direct flights from Kuala Lumpur to Kuching with connecting flights to other towns. The flight from Kuala Lumpur to Kuching takes about 1 hour and 45 minutes. Direct flights are also available from Kuala Lumpur to Sibü, Miri and Bintulu.

In addition, the budget carrier AirAsia operates direct flights to Sarawak. Unlike Malaysia Airlines which departs from the Kuala Lumpur International Airport, AirAsia operates from the Low Cost Carrier Terminal or LCCT situated about 20km from the main terminal building. Prices are cheaper when visitors book in advance.

Sarawak is also accessible by air from the neighbouring state of Sabah, and Labuan as well as Brunei Darussalam. The airlines that provide air links to Sarawak include Silk Air, Royal Brunei Airlines, Tiger Airways, Jetstar and Batavia Air.

By Sea

There are regular ferry services to Sarawak from Labuan and Brunei Darussalam. The staging points are situated in Limbang and Lawas.

By Road

It is possible to take a bus from Brunei Darussalam to Miri. The journey takes about five hours.

Getting Around

Getting around Kuching is simple with the easy availability of buses and taxis. Taxis are mostly available in front of major hotels and shopping malls.

Despite the vast size of the state, getting around Sarawak is fairly convenient with a good network of rural air services. Airports are situated in Miri, Bintulu, Sibü and Mulu. Mas Wings, a subsidiary of Malaysia Airlines, connects the interiors such as Bario, Lawas, Limbang, Long Banga, Long Seridan, Long Lellang, Marudi and Mukah which are equipped with air strips.

Overland transfers are possible via the Trans Borneo Highway which connects Sarawak to Sabah and Brunei Darussalam. Visitors are encouraged to get adequate information from the Tourist Information Centres on the duration of journey and routes.

USEFUL CONTACT NUMBERS

Tourism Enquiries

Tourist Information Centre (Kuching International Airport)	Tel: 082 627 741 / 742
Sarawak Tourism Board	Tel: 082 423 600
Kuching Visitors' Information Centre	Tel: 082 410 944 / 410 942
Miri Visitors' Information Centre	Tel: 085 434 181
Sibu Visitors' Information Centre	Tel: 084 340 980
Sarawak Tourism Federation	Tel: 082 240 620
National Park and Wildlife Booking Office (Kuching)	Tel: 082 248 088
National Park and Wildlife Booking Office (Miri)	Tel: 085 434 184

Transportation

Kuching International Airport	Tel: 082 454 242	
Malaysia Airlines	Tel: 1 300 88 3000	www.malaysiaairlines.com
MASWings	Tel: 1 300 88 3000	www.maswings.com.my
AirAsia	Tel: 03 2171 9222 / 9333	www.airasia.com
Batavia Air	Tel: 082 626 299	www.batavia-air.co.id
Silk Air	Tel: 082 256 772 / 256 773	www.silkair.com
Royal Brunei Airlines	Tel: 082 453 422 / 456 422	www.royalbrunei.com

24 Hours Call Taxi

Kuching	Tel: 082 341 543
Miri	Tel: 085 432 277
Sibu	Tel: 084 320 773

General Enquiries

Tourist Police (Kuching Waterfront)	Tel: 082 250 522	
Central Police Station	Tel: 082 241 222	
Department of Immigration	Tel: 03 8880 1000	www.imi.gov.my
Emergencies	Tel: 999	



LABUAN

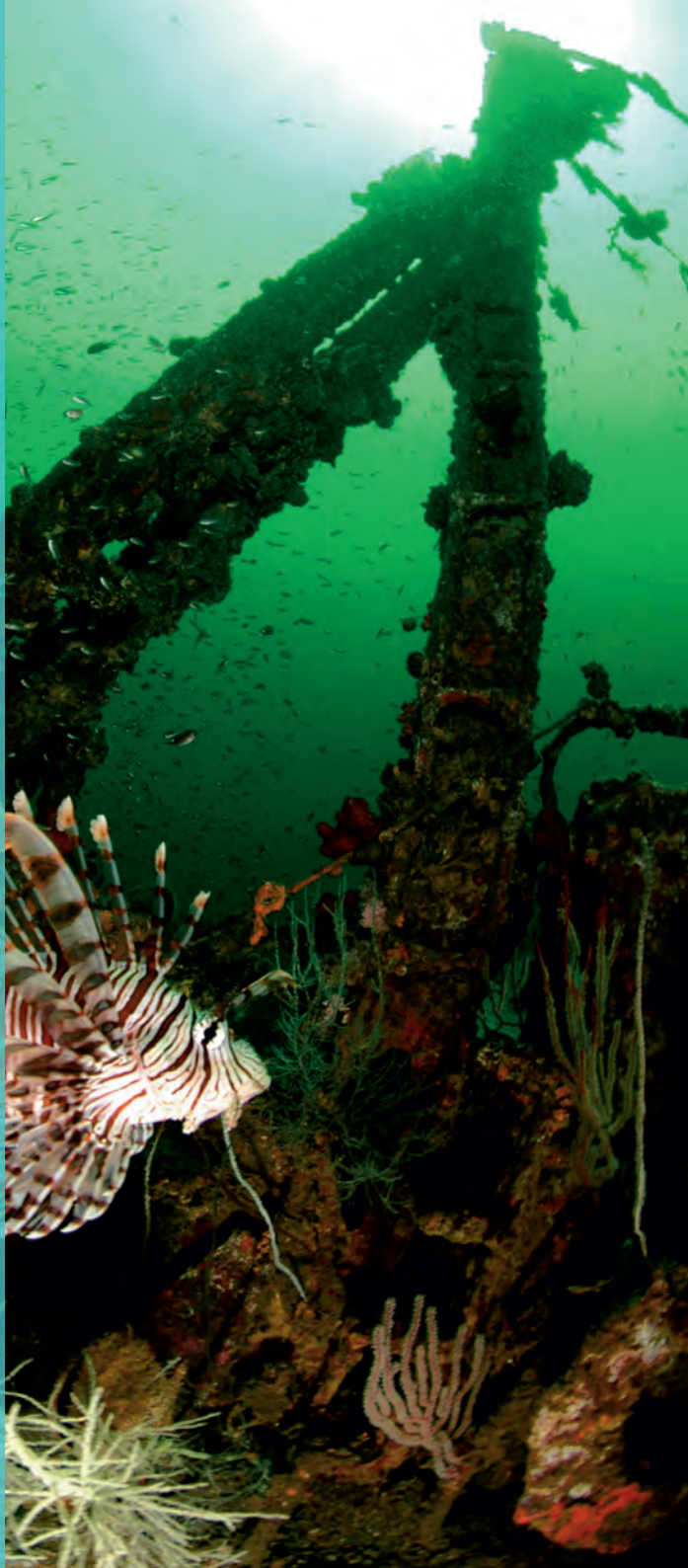
Situated at the north of Brunei Bay and facing the South China Sea is the island of Labuan, an international business and financial centre. It is also Malaysia's only deep water anchorage.

Labuan is one of Malaysia's three federal territories. Covering an area of 95sq km, Labuan comprises the main island as well as six islets around it.

Dubbed as 'The Pearl of Borneo, Where Business and Leisure Meet', this destination provides ample facilities for incentive travel. Holiday-makers will find an array of interesting sights in Labuan, be it historical, natural or cultural.

Dive sites that lay close to the shore, World War II relics, tax-free shopping and an international sea sports complex give Labuan a vibrant and world-class touristic appeal.

Visit Labuan for a holiday like no other!



MAP OF LABUAN



* Map not drawn to scale

PLACES OF INTEREST

WORLD WAR II MEMORIAL Jalan Tanjung Batu

The largest memorial in Malaysia, Labuan World War II Memorial is the final resting place of 3,908 war heroes from Australia, Britain, India, New Zealand as well as Malaya. It is visited regularly by war veterans and families. Every year, an elaborate ceremony called Remembrance Day is conducted in full military tradition to honour the warriors.

Remembrance Day is held on 11 November or the Sunday closest to it, to honour the soldiers who lost their lives during World War II and those who perished during the Death March from Ranau to Sandakan.



LABUAN MARINE PARK

Located 5km off the southwestern tip of Labuan, the park comprises the islets of Kuraman, Rusukan Kecil and Rusukan Besar. It is famous for the four wreck diving sites; namely the American, Australian, Blue Water and Cement wrecks.

Lovely reefs, white sandy beaches and quiet bays make it a great spot for sun-seekers. Fishing or anchoring haphazardly are strictly prohibited at the park.

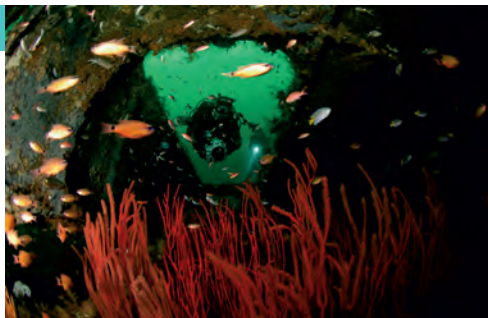
Labuan Marine Park is accessible by boats which depart from the Manja Rasa Restaurant Jetty Point (adjacent to the Labuan International Sea Sports Complex) or the Labuan Marina (next to the Waterfront Hotel).

Must do:

- Swim at the clear waters
- Go wreck diving at the four dive sites
- Snorkel to see the colourful reef
- Try kayaking or island-hopping
- Camp out to commune with nature

Tel: 087 582 502 / 503

(Department of Marine Parks Malaysia)



WATER VILLAGES

A trip to Labuan would be incomplete without visiting the water villages. The main villages are Kampung Patau-patau I, Patau-patau II, Kampung Bebuluh Laut and Kampung Ranche-ranche Laut. The villages are established by Malay fishermen as well as sailors and traders from Brunei. Stroll along the walkways or browse for handicrafts and dried seafood.

Labuan's water villages are among the last remaining traditional water villages in the country.



THE CHIMNEY Tanjung Kubong

Commonly associated with Labuan, the Chimney is somewhat of a mystery. The 106-feet high structure was made from 23,000 pieces of red bricks imported from England. It was originally thought to be a ventilation stack. Recently, it was discovered that there are no traces of smoke within, thus making its purpose and existence a puzzle. The Chimney is situated at the Chimney Historical Complex. The Information Centre here details the coal mining industry in Tanjung Kubong since 1847.

Some say that the Chimney is an unfinished mansion. Others say that it served as a lighthouse for passing ships. Until today, its existence remains a mystery.



PEACE PARK Kampung Layang-layangan

Set in a beautifully landscaped area, this park serves as a memorial and a renunciation of war. It features a large raised mound with two prominent arched walls, gazebos as well as Japanese inspired bridges and ponds. Labuan was under the Japanese occupation for four years before surrendering to the Allied Forces. The Peace Park is a symbol of peace and harmony.



SURRENDER POINT Kampung Layang-layangan

Situated just beside the Peace Park, this spot has a great historical significance. At this very place on 9 September 1945, the 37th Japanese Southern Army surrendered to the 9th Division Australian Imperial Forces, which marked the end of World War II in Borneo. The Surrender Point overlooks the South China Sea.

During the Japanese occupation, Labuan was known as Maidashima or Maida Island. It was named after General Maida, the Chief Commander of the Japanese forces in Borneo.



BOTANICAL GARDEN Jalan OKK Abdullah

Many interesting tales are associated with this garden and the Government House that once stood here. The house, nicknamed Bumbung 12, was completely destroyed during the war. All that remains are a water storage tank and two graves, believed to be the oldest graves in Labuan. A third smaller grave is the final resting place of Jim, a foxhound and pet of M.S MacArthur, the first Resident of the Straits Settlement.

Sir Hugh Low, the British Chief Secretary of Labuan at the time, is credited for the creation of the garden.



BEACHES

Sun-kissed beaches and picture-postcard views are a beautiful facet of Labuan's attractions. The beaches of Layang-layangan, Pancur Hitam and Pohon Batu are famed for their warm waters and scenic views.

- Enjoy cycling by the beach
- Have a picnic
- Savour the variety of local food at the stalls
- Join team-building activities
- Sit back and watch the sunset

A number of beaches in Labuan have received the COBSEA Clean Beach Award, a recognition given by the United Nations Environment Programme.



LABUAN INTERNATIONAL SEA SPORTS COMPLEX

Jalan Tanjung Purun

Occupying some 5.91 acres, the complex is the prestigious venue for a number of national and international sea sports. Its architecture depicts nature, tradition and modern functionality. The complex consists of a marine museum, a viewing tower, travel agencies, a floating restaurant, eateries and a tourism office.



LABUAN MUSEUM

Jalan Dewan

Housed in a pre-war colonial styled building, this museum chronicles the history of Labuan, beginning from World War II, to the British colonial days, to its declaration as a federal territory. Other interesting displays include Labuan's socio-cultural landscape and information about the local communities.

Opening hours: 9.00am - 5.00pm

Admission is free.

Tel: 087 414 135

This complex is the venue of the annual Labuan International Sea Challenge (LISC), which attracts participants from around the world.



LABUAN MARINE MUSEUM

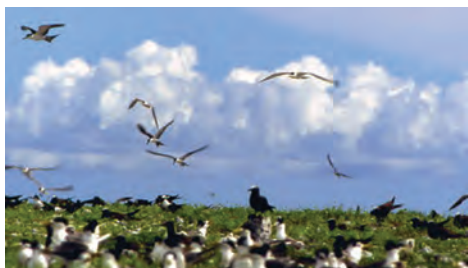
Jalan Tanjung Purun

This museum has 16 galleries that showcase the marine heritage around the waters of Labuan. Highlights include artefacts from shipwrecks, live and preserved zooplanktons, molluscs, snails, fish, reptiles, corals and aquatic plants. At the Touch Pool, visitors will get a chance to touch and feel marine inhabitants such as starfish and sea cucumbers. This museum is part of the Labuan International Sea Sports Complex.

Opening hours: 9.00am - 5.00pm daily

Admission is free.

Tel: 087 425 927



LAYANG-LAYANG ISLAND

Layang-layang Island or 'Swallow's Reef' lies about 300km north of Labuan. The seabed surrounding the rim of this oceanic atoll drops 2,000mm, making it a great location to spot large marine life such as hammerhead sharks, white tip reef sharks, manta rays, turtles, big eye trevally and barracudas. The atoll is also a resting colony for migratory birds. Due to its distance from Labuan, Layang-layang Island is more accessible from Sabah, the neighbouring state. Flights by MASWings leave Kota Kinabalu daily at 6.30am and the journey takes about 1 hour and 20 minutes. The 3-Star Layang Layang Island Resort is the only accommodation on the island. For further information, please visit www.avillionlayanglayang.com

Layang-layang Island is hailed as the 'Big Fish' and 'Wall Diving Mecca of Southeast Asia'. It is one of the top ten diving destinations in the world.

The deep waters around Layang-layang Island is the venue for the Labuan International Game Fishing Tournament (LIGFT).

HOMESTAYS

Stay in a scenic Malay village, or live in a water village. To experience the lifestyle of the locals, visitors can participate in a homestay programme available at the following villages:

- Patau-patau II Water Village
- Bukit Kuda Village
- Sungai Labu Village

Tel: 087 422 622 (Ministry of Tourism, Labuan Office)

Patau-patau II is the oldest water village in Malaysia and one of the few water village homestays in the country.

LABUAN BIRDS PARK Tanjung Kubong

Situated near the Chimney, this park houses numerous species of Borneo's birds. There are presently about 684 bird species, commonly found in rainforests, mangrove swamps, coastal areas as well as the highlands. They are housed in three large dome shaped cages.

Opening hours: 10.00am - 4.30pm daily

Admission fee:

Malaysians

RM3 Adult, RM1 Child

Non-Malaysians

RM5

Tel: 087 463 544

THERE'S MUCH MORE IN LABUAN

Despite the small size, Labuan has a number of places that would be of interest to tourists. Among them are:

- Labuan Square
- Museum Square
- Tanjung Kubong Tunnel
- Papan Island
- Jamek An'Nur Mosque
- Chinese 'Eight Deity' Temple
- Labuan Gurdwara Sahib (Sikh Temple)
- Labuan Bazaar
- Labuan Art Gallery (situated at Kampung Layang-layangan)

SHOPPING & DINING

Shopping

Labuan enjoys a tax-free status that makes it the perfect place to find imported products at bargain prices. Visit this free-trade zone to choose from an assortment of perfumes, chocolates, cosmetics, liquor, cigarettes, textiles, leather goods, electrical appliances, electronic gadgets, pens and watches.

Among the popular shopping areas are:

- Jalan OKK Awang Besar
- Ferry Terminal area
- Financial Park Complex
- Labuan Weekend Tamu
(A bazaar held on Saturday and Sunday along Jalan OKK Awang Besar)

Dining

Seafood is a major attraction in Labuan. Fresh fish, prawns, crabs, lobsters, squids and shellfish are found in abundance. Enjoy a delightful assortment of cooking styles, such as Western, Malay and Chinese. Visitors can also try some of the specialties of this island:

Coconut pudding – Unique to Labuan and rarely found anywhere else, this pudding is made from steamed coconut water and jelly.

Lambam – Akin to the Chinese rice dumplings or the Malay *ketupat*, *lambam* is sweetened steamed rice that is wrapped in coconut leaves. It is eaten with a peanut sauce.

Punjung – A bite-size delight, *punjung* is made of rice flour. It contains a jelly filling. The cone-shape dessert is wrapped in banana leaves.

Jelurut – Ideal for the sweet-toothed, this dessert is made of rice flour, sugar and coconut milk. The jelly-like dessert is usually green in colour. It is sometimes flavoured with durian or yam.



Restaurants in Labuan

Anjung Ketam
087 424 366

Choice Restaurant
Tel: 087 418 086

Fisherman Wharf
Tel: 087 408 226

**Labuan Deepsea Seafood
Centre Restaurant**
087 429 536

**Lee Garden Restaurant
(Labuan Airport)**
087 413 339

Mawilla Yacht Club Restaurant
Tel: 087 423 888

Pulau Labuan 2 Restaurant
Tel: 087 416 699

Spinnaker (Waterfront Hotel)
Tel: 087 418 111

Sri Malindo Restaurant
Tel: 087 416 072

The Grill (Hotel Tiara)
Tel: 087 414 300

**Victoria Brasserie
(Hotel Grand Dorsett)**
Tel: 087 422 000

The above listing is not exhaustive

EVENTS & RECREATION

The Labuan International Sea Sports Complex is an exciting venue for sea sports enthusiasts. Annual competitions during the Labuan International Sea Challenge (LISC) include the Cross Channel Swimming Challenge, IGFA International Game Fishing Tournament, Kayak Sprint and Round Island Kayak Challenge. Visitors can expect lots of fun during the beach carnival held in conjunction with the event.

At the Labuan Marina, a host of water sports await visitors. Dinghy sailing and kayaking are among the popular activities.

Golfing

The 9-hole Labuan Golf Course sits beautifully on 74 hectares of well-manicured grounds. Facilities in the clubhouse include a restaurant, lounge, swimming pool, gym, snooker room, tennis court and game room. This golf course is about 2km from the town.

Tel: 087 412 712 / 810



Event	Month	Venue
Federal Territory Day Celebrations	February	Labuan
Malaysia Water Festival (Fishing Carnival) – Langkawi International Sea Challenge	April	Labuan
Borneo Kayak Challenge	June	Labuan
Borneo International Yachting Challenge	July	Labuan
Borneo Arts Festival (in conjunction with Malaysia Contemporary Art Tourism Festival)	July	Labuan
Labuan Mixed Fours International	September	Labuan
Remembrance Day	November	Labuan

ESSENTIAL INFORMATION

ACCOMMODATION

Labuan has a wide range of accommodation such as luxury hotels, serviced apartments and affordable inns.

Grand Dorsett Labuan Hotel *****

Tel: 087-422 000

www.dorsethotels.com/labuan

Waterfront Labuan Financial Hotel *****

Tel: 087-418 111

Manikar Beach Resort ***

Tel: 087-418 700 / 701

Mariner Hotel **

087 418 822

www.labuanweb.com/marinerhotel

Asia Hotel

Tel: 087 417 712

Pantai View Hotel

Tel: 087 411 339 / 904

Victoria Hotel *

Tel: 087 412 411

Pulau Labuan Hotel *

Tel: 087 416 288

Pulau Labuan Hotel 2 (Branch) **

Tel: 087 422 388

Pulau Labuan Inn *

Tel: 087 416 833

Melati Inn

Tel: 087 416 307

Wilayah Inn

Tel: 087 411 227

Southern Hotel

Tel: 087 414 211

Millenium Hotel

Tel: 087 421 278

Global Hotel

Tel: 087 425 201 / 202 / 203 / 204

Skyglobal Hotel

Tel: 087 431 219 / 218

Sara Hotel **

Tel: 087 415 555 / 657

Tiara Labuan Hotel ****

Tel: 087 414 300

www.tiaralabuan.com

Ambassador 1 Hotel *

Tel: 087 423 233

Ambassador 2 Hotel

Tel: 087 581 242

Beta Service Apartment

Tel: 087 453 333

www.fpl.com.my

Oriental Hotel

Tel: 087 419 019

One Hotel

Tel: 087 451 369 / 452 369 / 453 369

Papan Island (Chalet)

Tel: 087 408 632 / 650

www.pl.gov.my

The above listing is not exhaustive

** Star rating*

TRANSPORTATION

Getting There

By Air

Labuan is well-linked by air. It is easily accessible from Kuala Lumpur International Airport (KLIA), situated in Peninsular Malaysia. It is also accessible from Kota Kinabalu in Sabah and Miri in Sarawak. Labuan is served by Malaysia Airlines, MASWings as well as AirAsia.

By Sea

The Labuan International Ferry Terminal receives ferries from Sabah, Sarawak and Brunei Darussalam. The journey from Kota Kinabalu takes about 3 hours. From Brunei Darussalam, Labuan is accessible in only one hour.

Alternatively, visitors can take the speed boat or the passenger ferry (capable of accommodating vehicles) from Menumbok in Sabah.



Getting Around

Getting around Labuan is relatively easy. The island's excellent road network links Labuan's main town with other parts of the island. It just takes about 1 ½ hours to go around the island by road.

Taxis are the popular mode of transport. Alternatively, 24-hour Call Taxi Services are available. Car and motorbike rentals for self-drives can be arranged.



USEFUL CONTACT NUMBERS

Tourism Enquiries

Tourist Information Centre	Tel: 087 423 445
Ministry of Tourism, Labuan Office	Tel: 087 422 622

Transportation

Malaysia Airlines Office in Labuan	Tel: 087 413 722 / 412 042
AirAsia Office in Labuan	Tel: 087 408 781
Labuan Airport	Tel: 087 415 015
24 Hours Call Taxi	Tel: 087 411 878 / 422 878
Adaras Car Rental Sdn. Bhd.	Tel: 017 821 6663
Padas Jaya Rent A Car Sdn. Bhd.	Tel: 087 425 220 / 221
Sime Darby Rent A Car Sdn. Bhd.	Tel: 087 410 740
Labuan Ferry & Cruise Services (Vehicle Ferry)	Tel: 087 417 333 / 418 333
Labuan International Ferry Terminal (LIFT)	Tel: 087 581 006
GG Rent A Motorbike	Tel : 087 429 792/016 216 3559 (Hotline)

General Enquiries

Police	Tel: 087 412 222
Immigration Department	Tel: 087 412 298
Royal Customs and Excise Malaysia	Tel: 087 412 087
Fire & Rescue Department	Tel: 087 481 444
Labuan Hospital	Tel: 087 423 919
Labuan Nukleus Hospital	Tel : 087 423 919
Marine Department of Malaysia	Tel : 087 413 511

TIPS FOR TOURISTS

Saying it in Malay

Welcome	<i>Selamat Datang</i>	Vegetables	<i>Sayur</i>	Bus	<i>Bas</i>
Good morning	<i>Selamat pagi</i>	Meat	<i>Daging</i>	Taxi	<i>Teksi</i>
Good night	<i>Selamat malam</i>	Fish	<i>Ikan</i>	Train	<i>Keretapi / Tren</i>
Thank you	<i>Terima kasih</i>	Beach	<i>Pantai</i>	Flight	<i>Kapal terbang</i>
You are welcome	<i>Sama sama</i>	Sea	<i>Laut</i>	Please	<i>Sila / Tolong</i>
Goodbye	<i>Selamat jalan</i>	Mountain	<i>Gunung</i>	Help	<i>Tolong</i>
How are you?	<i>Apa khabar?</i>	Hill	<i>Bukit</i>	Caution	<i>Awas</i>
I'm fine	<i>Khabar baik</i>	Cave	<i>Gua</i>	Entrance	<i>Masuk</i>
I'm sorry	<i>Minta maaf</i>	Lake	<i>Tasik</i>	Exit	<i>Keluar</i>
Rice	<i>Nasi</i>	Road	<i>Jalan</i>	Restroom	<i>Tandas</i>

Local Information

- Visitors will have to produce their passports upon arrival in Sabah, Sarawak and Labuan.
- The East Malaysia region is made up of an assemblage of ethnic groups. The ethnic groups in Sabah and Sarawak differ greatly in terms of language, religion, traditions and costumes. There are about 30 ethnic groups in Sabah and five major ethnic groups in Sarawak.
- Although the people practice age-old traditions and rituals, their way of life is similar to people in other countries. Adults go to work and children go off to schools. Visitors can rest assured that legendary headhunters and fearsome tribes are a thing of the past.
- For safety reasons, visitors who are climbing Mount Kinabalu must always ensure that they are with their groups and guides. Do not wander away from the group as the misty weather conditions can mislead your sense of direction.
- There are many protected national parks in Sabah and Sarawak. Visitors are advised to take note of the strict laws that govern these areas. Take nothing but photographs and leave nothing but footprints. A national park conservation fee will be imposed upon entry.
- Fishing is not allowed at certain areas. Always check beforehand. The usage of explosives to fish is strictly prohibited.
- When taking a taxi, it is always best to determine the rate beforehand.
- The weather is generally warm with occasional torrential showers. Cotton clothes, rubber shoes and sun hats are the best. The temperature can drop considerably at hilly places such as Mount Kinabalu in Sabah or Bario Highlands in Sarawak. Discuss the appropriate clothing with your guide.

Some social tips

- Be respectful when you are at public ceremonies.
- Shoes must always be removed when visiting homes or places of worship such as mosques and temples.
- During a longhouse visit in Sarawak or a village tour in Sabah, visitors are advised to dress modestly and follow local customs.
- The headman of the longhouse or village is an important figure in society. Visitors should treat him with respect.
- Rice wine may be served during longhouse/village visits. It would be polite to accept.
- When sitting on the floor, men sit cross-legged while women normally sit with their legs tucked to the side.
- When pointing, it is preferable to use the thumb, with the four fingers folded under, rather than the forefinger.
- To give or receive something, try to use the right hand.
- Always ask for permission before taking photographs when you are in someone's home.
- Some places such as Mount Kinabalu are considered sacred by the locals, especially the older generation. Do not shout or use foul language when trekking up the mountain.

MALAYSIA AT A GLANCE

COUNTRY

The Federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories as well as the states of Sabah and Sarawak situated in Borneo.

CAPITAL CITY

The capital city of Malaysia is Kuala Lumpur.

GEOGRAPHICAL LOCATION

Located between 2 and 7 degrees north of the Equator, Peninsular Malaysia is separated from the states of Sabah and Sarawak by the South China Sea. To the north of Peninsular Malaysia is Thailand while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

AREA

329,758 sq km

POPULATION

27 million

PEOPLE

Malays make up about 57% of the population and are the predominant group with Chinese, Indians and other ethnic groups making up the rest.

LANGUAGE

Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

RELIGION

Islam is the official religion but all other religions are practised freely.

GOVERNMENT

Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

CLIMATE

Malaysia has a tropical climate and the weather is warm all year around. Temperatures range from 21°C to 32°C and the annual rainfall varies from 2,000mm to 2,500mm.

ECONOMIC PROFILE

Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum, palm oil, natural rubber and timber are major contributors to its economy.

ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

CURRENCY

The unit of currency is the Malaysian Ringgit, which is indicated as RM. Foreign currencies can be converted at banks and money changers.

BANKING HOURS

In most states, banking hours are from 9.30am to 4.00pm from Monday to Friday. Banks in the states of Kedah, Kelantan and Terengganu operate from 9.30am to 4.00pm from Saturday to Wednesday.

POST OFFICES

Most post offices are open from 8.00am to 5.00pm daily except on Sundays and public holidays. In Kedah, Kelantan and Terengganu, they are closed on Fridays and public holidays.

WORKING DAYS

Government offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Some private establishments are open for half a day on Saturday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday to Thursday. They are closed on Friday and Saturday.

TIME

The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

ELECTRICITY

The voltage used throughout Malaysia is 220-240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

MEASUREMENT SYSTEM

Malaysia uses the metric system.

TELECOMMUNICATIONS

Malaysia is linked nationally and internationally by telephone, facsimile, telegraph and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services.

GETTING TO MALAYSIA

The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50km south of Kuala Lumpur. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two Low Cost Carrier Terminals (LCCT), which are situated in Sepang and Kota Kinabalu.

Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. It is complemented by the budget airline AirAsia as well as Firefly. The main entry point by sea is at Port Klang, about 50km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines and low-cost carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

ACCOMMODATION

Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, beach resorts, chalets, youth hostels and timeshare apartments are just some of the types of accommodation available.



HEAD OFFICE

Malaysia Tourism Promotion Board (Ministry of Tourism, Malaysia)

9th Floor, No. 2, Tower 1, Jalan P5/6, Precinct 5, 62200 Putrajaya, Malaysia

Tel: 603 8891 8000 • Tourism Infoline 1 300 88 5050 (within Malaysia only) • Fax: 603 8891 8999

E-mail: enquiries@tourism.gov.my • Website: www.tourismmalaysia.gov.my

STATE OFFICES

JOHOR

L3-26, Aras 3, JOTIC Building 2, Jalan Ayer Molek
80000 Johor Bahru, Johor

Tel: 607 222 3590 / 3591 • Fax: 607 223 5502

E-mail: mtpbjhb@tourism.gov.my

KEDAH

Kompleks Pelancongan Negeri Kedah
Seksyen 20, Jalan Raja, 05000 Alor Setar, Kedah

Tel: 604 731 2322 / 730 1322 • Fax: 604 734 0322

E-mail: mtpbkdh@tourism.gov.my

KELANTAN

Ground Floor, Kampung Kraftangan
Jalan Hilir Balai, 15300 Kota Bharu, Kelantan

Tel: 609 747 7554 • Fax: 609 747 8010

E-mail: mtpb.kelantan@tourism.gov.my

MELAKA

Lot 02, Ground Floor
Bangunan Lembaga Tabung Haji

Jalan Banda Kaba, 75000 Melaka

Tel: 606 288 3304 / 3785 / 1549

Fax: 606 286 9804

E-mail: mtpb.melaka@tourism.gov.my

NEGERI SEMBILAN

1st Floor, Seremban Plaza

Jalan Dato' Muda Linggi

70100 Seremban, Negeri Sembilan

Tel: 606 763 5388 / 762 2388 / 4488

Fax: 606 763 8428

E-mail: mtpb.negerisembilan@tourism.gov.my

PAHANG

Lot G.01, Mahkota Square

Jalan Mahkota, 25000 Kuantan, Pahang

Tel: 609 517 7111 / 7112 / 7115

Fax: 609 517 7114

E-mail: mtpb.pahang@tourism.gov.my

PENANG

56th Floor, KOMTAR, 10000 Penang

Tel: 604 261 0058 / 263 4941 • Fax: 604 262 3688

E-mail: mtpbpen@tourism.gov.my

PERAK

No. 12, Medan Istana 2

Bandar Ipoh Raya, 30000 Ipoh, Perak

Tel: 605 255 9962 / 2772 / 1012

Fax: 605 253 2194

E-mail: mtpbperak@tourism.gov.my

PERLIS

No 19, Ground Floor, Jalan Pengkalan Indah

Pengkalan Asam, 01000 Kangar, Perlis

Tel: 604 978 1235 / 1213 • Fax: 604 978 1143

E-mail: mtpb.perlis@tourism.gov.my

SABAH

Lot 1-0-7, Ground Floor, Block 1

Lorong Api-Api 1, Api-Api Center

88000 Kota Kinabalu, Sabah

Tel: 6088 211 732 / 248 698 / 242 064

Fax: 6088 241 764

E-mail: mtpbbki@tourism.gov.my

SARAWAK

Parcel 297-2-1, Level 2, Riverbank Suites

Jalan Tunku Abdul Rahman

93100 Kuching, Sarawak

Tel: 6082 246 575 / 775 • Fax: 6082 246 442

E-mail: mtpbkch@tourism.gov.my

SELANGOR/PUTRAJAYA

6th Floor, Wisma PKPJ

Persiaran Perbandaran Seksyen 14

40675 Shah Alam, Selangor

Tel: 603 5510 9100 • Fax: 603 5510 9101

E-mail: mtpbselangor@tourism.gov.my

TERENGGANU

No. 11, Ground & First Floors

Pusat Niaga Paya Keladi, Jalan Kampung Daik

20000 Kuala Terengganu, Terengganu

Tel: 609 630 9433 / 9093 • Fax: 609 630 9091

E-mail: mtpbkt@tourism.gov.my

OVERSEAS OFFICES

AUSTRALIA

Perth

Ground Floor, 56 William Street

Perth WA 6000, Australia

Tel: 00 61 8 9481 0400 • Fax: 00 61 8 9321 1421

E-mail: mtpb.perth@tourism.gov.my /

tourmal@iinet.net.au

Website: www.tourismmalaysia.com.au

Sydney

Level 2, 171 Clarence Street

Sydney NSW 2000, Australia

Tel: 00 61 2 9299 4441 • Fax: 00 61 2 9262 2026

E-mail: malaysia@malaysiatourism.com.au

Website: www.tourismmalaysia.com.au

CANADA

1590-1111, West Georgia Street

Vancouver, British Columbia

Canada V6E 4M3

Tel: 00 1 60 4689 8899 • Fax: 00 1 60 4689 8804

E-mail: mtpb.vancouver@tourism.gov.my /

info@tourismmalaysia.ca

Website: www.tourismmalaysia.ca

CHINA

Beijing

Tourism Section, Embassy of Malaysia

Room 506 - 507, Air China Plaza

No. 36, Xiaoyun Road, Chaoyang District

Beijing 100027, People's Republic of China

Tel: 00 86 10 8447 5056 • Fax: 00 86 10 8447 5798

E-mail: mtpb.beijing@tourism.gov.my

Website: www.tourismmalaysia.cn

Guangzhou

Consulate General of Malaysia (Tourism Section)

Unit 3216, 32nd Floor, CITIC Plaza Office Tower

No. 233, Tianhe Bei Road, Guangzhou 510610

People's Republic of China

Tel : 00 86 20 3877 3691 • Fax : 00 86 20 3877 3692

E-mail: mtpb.guangzhou@tourism.gov.my

Website: www.tourismmalaysia.cn

Shanghai

Consulate General of Malaysia (Tourism Section)

Unit 1109, Level 11, CITIC Square

1168 Nanjing Road West, Jing An District

Shanghai 200041, People's Republic of China

Tel: 00 86 21 5292 5252 ext 201 / 205 / 206 / 207

Fax: 00 86 21 5292 5948

E-mail: mtpb.shanghai@tourism.gov.my

Website: www.tourismmalaysia.cn

FRANCE

Paris

29 rue des Pyramides, 75001 Paris, France

Tel: 00 33 1 429 741 71 • Fax: 00 33 1 429 741 69

E-mail: mtpb.paris@tourism.gov.my

GERMANY

Frankfurt

Weissfrauenstrasse 12 - 16

D-60311, Frankfurt am Main, Germany

Tel: 00 49 69 460 923 420

Fax: 00 49 69 460 923 499

E-mail: mtpb.frankfurt@tourism.gov.my /

info@tourismmalaysia.de

Website: www.tourismmalaysia.de

HONG KONG

Ground Floor, Malaysia Building

47-50 Gloucester Road, Hong Kong

Tel: 00 85 2 2528 5810 / 5811

Fax: 00 85 2 2865 4610

E-mail: mtpb.hongkong@tourism.gov.my

Website: www.tourismmalaysia.com.hk

INDIA

Chennai

4th Floor, Vijaya Towers

No. 4, Kodambakkam High Road

Chennai 600034, Republic of India

Tel: 00 91 44 4506 8080 / 8181 / 8282

Fax: 00 91 44 4506 8383

E-mail: mtpb.chennai@tourism.gov.my

Website: www.malaysiajao.com

Mumbai

123, Jolly Maker Chamber II

12th Floor, Nariman Point

Mumbai 400021, Republic of India

Tel: 00 91 22 6635 2085 • Fax: 00 91 22 6639 0702

E-mail: mtpb.mumbai@tourism.gov.my

Website: www.malaysiajao.com

New Delhi

C 3/13, Vasant Vihar

New Delhi 110057, Republic of India

Tel: 00 91 11 4601 1677 (DL) / 1674 (GL)

Fax: 00 91 11 4601 1676

E-mail: mtpb.newdelhi@tourism.gov.my

Website: www.malaysiajao.com

INDONESIA

Jakarta

c/o Consulate General of Malaysia

Jalan H.R Rasuna Said, Kavx/6

No. 1-3, Kuningan, Jakarta Selatan 12950

Republic of Indonesia

Tel: 00 62 21 522 0765 / 4947

Fax: 00 62 21 522 0766

E-mail: mtpb.jakarta@tourism.gov.my

Medan

c/o Consulate General of Malaysia

43, Jalan Diponegoro, 20152 Medan

Sumatera Utara, Republic of Indonesia

Tel: 00 62 61 452 3192 • Fax: 00 62 61 452 3179

E-mail: mtpb.medan@tourism.gov.my

ITALY

Milan

Via Privata della Passarella 4, 20122 Milan, Italy

Tel: 00 39 02 796 702 • Fax: 00 39 02 796 806

E-mail: mtpb.milan@tourism.gov.my /

info@turismomalesia.it

Website: www.turismomalesia.it

JAPAN

Osaka

10th Floor, Cotton Nissay Building

1-8-2 Otsubo-Honmachi, Nishi-ku

Osaka 550-0004, Japan

Tel: 00 81 66 444 1220 • Fax: 00 81 66 444 1380

E-mail: mtpb.osaka@tourism.gov.my

Website: www.tourismmalaysia.or.jp

Tokyo

5F Chiyoda Building, 1-6-4 Yurakucho

Chiyoda-ku, Tokyo 100-0006, Japan

Tel: 00 81 33 501 8691 / 8694

Fax: 00 81 33 501 8692

E-mail: mtpb.tokyo@tourism.gov.my

Website: www.tourismmalaysia.or.jp

KOREA

Seoul

2nd Floor, Hansan Building, 47-2 Seosomun-dong

Jung-Du, Seoul 100-813, Republic of Korea

Tel: 00 82 2779 4422 / 4251 • Fax: 00 82 2779 4254

E-mail: mtpb.seoul@tourism.gov.my

Website: www.mtpb.co.kr

NETHERLANDS

The Hague

c/o Embassy of Malaysia

Rustenburgerweg 2

2517 KE The Hague

Netherlands

Tel: 00 31 70 350 6506 • Fax: 00 31 70 350 6536

Visiting Office:

Regus, The Hague Equinox

3rd Floor, Jan Pieterszoon Coenstraat 7

2595 WP Den Haag, Netherlands

Tel: 00 31 70 799 9172 / 9173

Fax: 00 31 70 799 9370

E-mail: mail@tourism-malaysia.nl

NEW ZEALAND

Auckland

Level 10, DLA Phillips Fox Tower

205-209, Queen Street

Auckland 1010, New Zealand

Tel: 00 64 9 309 6290 • Fax: 00 64 9 309 6292

Website: www.tourismmalaysia.co.nz

PHILIPPINES

Manila

Embassy of Malaysia

Tourism Office (Tourism Malaysia)

16th Floor, Picadilly Star Building

4th Avenue, Corner 27th Street

Bonifacio Global City (BGC)

1634 Taguig City, Philippines

Tel: 00 632 846 2697 • Fax: 00 632 846 1213

E-mail: mtpb.manila@tourism.gov.my

RUSSIA

Moscow

c/o Embassy of Malaysia

Mosfilmovskaya Ulitsa 50

Moscow 117192, Russian Federation

Tel: 00 7 495 933 5748 / 5747

Fax: 00 7 495 933 5749

E-mail: mtpb.moscow@tourism.gov.my

Website: www.tourismmalaysia.ru

SAUDI ARABIA

Jeddah

c/o Consulate General of Malaysia

Lot 241, Al Mualiffin Street

Al Rehab District, P.O. Box 593, Jeddah 21421

Kingdom of Saudi Arabia

Tel: 00 96 62 672 8019 / 7740

Fax: 00 96 62 675 2391

E-mail: mtpb.j



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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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